



Almost 50% of Australians are likely to be diagnosed with a mental illness in their lifetime, leaving 50% of us knowing someone living with or having experienced a mental health issue.

However, mental health is something every person has, and can face challenges with – not just those living with mental illness. COVID-19 has shown we are living in challenging times and there is no doubt our collective mental health has been impacted.

Mental Health Month is an opportunity to have conversations with your friends, family and community about mental health. It's a time to learn about self-care, community wellbeing, and available support services – so the next time you or a friend needs help with their mental health, you feel better equipped to do something.

Mental Health Month falls in October, in alignment with World Mental Health Day on October 10th. South Australia's 2021 Mental Health Month theme "We All Have A Role To Play" speaks to us all collectively being a part of raising mental health awareness, supporting each other, addressing stigma, and promoting wellbeing.

My Community

Who is my community?

A community is a place or group of people with shared experiences and values where you find connection and meaning. Communities can build around hobbies and ideas, arts and creativity, a love of sports, or even just shared time and space together.

What is my community role?

Being part of a community means sharing and listening to each other's stories, and being there for each other. We are all connected and it's something everyone can do.

Here are some simple ideas for supporting your community's wellbeing:

- Cook meals for your friends when they're experiencing a difficult time
- Check in on a neighbour or family member who isn't doing so well
- Invite a friend out for a walk, cup of coffee or something they enjoy doing
- Help with tasks and errands when it's all a bit much
- Find out more about what it's like to live with mental illness from people who share their experiences through articles, books, films, podcasts, or mindshare.org.au
- Listen to your loved one's insights into their own mental health challenges
- Learn about a local mental health service or community wellbeing group
- Volunteer your time or engage in activities you know will make a difference
- Practice kindness and empathy
- Encourage a world where people with mental illness do not experience stigma and discrimination.

For some people, the thought of having a 'mental health' conversation may be challenging. The **RUOK** website has great information on how to start and stay with a mental health conversation, or you can request a Care Kit from **Lifeline** which will provide tips for sitting with someone in distress.

My Wellbeing

What is mental health?

Mental health is "a state of wellbeing in which a person has the skills and resources to navigate adversity, meet their needs, and live in a way they find meaningful" (South Australian Mental Health Strategic Plan 2017-2022).

Why is it important to look after my mental health?

Everyone's mental health is important. We are all connected, and if one person is struggling, we are all struggling. We need to take personal care of ourselves to stay well, in order to keep meeting our needs and the needs of those around us.

We are all different, but here are some things to consider in looking after your wellbeing:

- Get enough sleep
- Eat regularly and healthily
- Exercise the right amount for you
- Reduce alcohol consumption
- Spend quality time with loved ones or people whose company you enjoy
- Develop a strategy for managing stress
- Monitor your use of electronic devices and social media
- Find more time for things you enjoy, such as outdoor and creative activities or learning new skills

- Talk to someone you trust when you need to, that could be a friend or your GP
- Laugh.

My Support

What if I, or a loved one needs help?

Finding the right support can be challenging but it is important to know that help is out there. You can start by calling SA's **Lived Experience Telephone Support Service** or ask your GP about a mental health plan. In an emergency or crisis, call SA's **Mental Health Triage Service 13 14 65**.

What kind of support is right for me?

Mental health supports are available for a wide range of mental health issues and can be in a group setting, one-on-one, in your home or in a community organisation. Check out the MHCSA online **Service Directory** to find a good fit for you.

Here are some other ways you can seek support when you need it:

- Talk to someone you trust
- Join a support group, such as **Grow SA** or your local **Men's Shed**
- If you are a young person, visit a **headspace** Centre in your area for free
- Chat with someone who's faced their own mental health challenges via the **Lived Experience Telephone Support Service 1800 013 755**
- If English is not your first language, call **ASKPEACE** on **(08) 8245 8110**
- To connect with First Nations controlled services, check out **nunku.org.au** or call **Thirili** on **1800 805 801**
- Tradies and construction workers can contact **MATES In Construction** on **1300 642 111**
- Visit any of the following websites for great resources on mental health and wellbeing: **beyondblue.org.au**, **au.reachout.com**, **sane.org**, **blackdoginstitute.org.au**, **ruok.org.au**, **mindshare.org.au**
- Reach out to the **SA COVID-19 Mental Health Line** on **1800 632 753**
- Call **Beyond Blue** on **1300 22 4636** or **Lifeline** on **13 11 14**
- If you're a parent, partner, sibling, or child caring for someone else with mental health challenges, contact **Carer Gateway 1800 422 737** to ensure you get support too.